

City of Fond du Lac Human Resources

Recent CDC Changes in Quarantine and Isolation January 14, 2022

Quarantine vs. Isolation

You [quarantine](#) when you might have been exposed to the virus.

You [isolate](#) when you have been infected with the virus, even if you don't have symptoms.

Do you need to quarantine?

Calculating Quarantine. The date of your exposure is considered Day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19.

Quarantine if you have been in [close contact](#) (within 6 feet of someone for a cumulative total of 15 minutes or more over a 24-hour period) with someone who has COVID-19, unless you have been [fully vaccinated](#). **People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have [symptoms](#). They just need to wear a [well-fitting mask](#) when around others for 10 days.** However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms.

How to Quarantine if you are unvaccinated

- Stay home for 5 days after your last contact with a person who has COVID-19 and if you have no symptoms you may return to work and wear a mask for an additional 5 days. You may also return to work after receiving a negative test result (test must occur on day 5 or later).
- Watch for fever (100.4°F), cough, shortness of breath, or [other symptoms](#) of COVID-19.
- If possible, stay away from people you live with, especially people who are at [higher risk](#) for getting very sick from COVID-19.

Isolation

Isolation is used to separate people infected with COVID-19 from those who are not infected.

Calculating Isolation. Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected.

People who are in isolation should stay home for at least 5 days. Covid-19 positive people may end isolation after 5 days, if they have no symptoms, and wear a mask for an additional 5 days when in public or around other people. If you were severely ill with Covid-19, you should isolate for at least 10 days.

What to do

Monitor your symptoms. If you have an [emergency warning sign](#) (including trouble breathing), seek emergency medical care immediately.

[Wear a mask](#) when around other people if able.